

The Yoga Rooms' 200-Hour Yoga School/Teacher Training program blends multiple yoga traditions and is taught by several master teachers from The Yoga Room and beyond. Our mission is to provide each student with the necessary skills to teach a wise and effective class with compassion, confidence, safety, and integrity while finding their authentic style. Whether you join us to become a teacher or simply to deepen your own practice, this training will transform you. Are you ready for more?

Reading:

Heart of Yoga TKV Desikachar
Living Your Yoga Judith Hanson Lasater
Light on Yoga BKS Iyengar
Yamas and Niyamas Deborah Adele
Yoga Anatomy (2nd Edition) - Leslie Kaminoff
Chakras (choice)
Sutras

Includes:

Core Sessions
Technique, Training & Practice Sessions
5 Workshop Intensives (1 weekend)
Reports
Karma Yoga
Mentorship
Plenty of "make-up" opportunities

The program is taught by Lead trainer and Studio Owner

Wendy Oberg E-RYT® 500, YACEP®

As well as several other Yoga Rooms Master Teachers, specialists holding advanced training in their area of expertise and visiting instructors from other areas

Your Sessions Hours:

OUR 200-HOUR TEACHER TRAINING CURRICULUM INCLUDES:

- Advanced study of Asana (alignment, benefits, energetics)
- How to transform your own practice
- Principles of anatomy
- Chakras, Bandhas Nadis, Subtle Body
- Meditation, Pranayama
- How to teach a yoga pose
- The Art & Science of sequencing a yoga class
- How to use props to improve or modify a posture
- Cultivating your voice
- Yoga history and philosophy
- Sanskrit names of postures
- The Business of Yoga
- And so much MORE

Testimonials from past students

"Anyone looking to become a registered yoga teacher or just advance their own yoga practice doesn't need to look further than Eau Claire, Wisconsin. Wendy provides a very balanced teacher training program, she is extremely knowledgeable and cares deeply about the practice of yoga. Every teacher training session she does is purposeful but is done in a way that doesn't feel textbook or like you are just checking a box. Her sessions are disciplined but also playful, creating a very safe and caring space for you to grow and nurture your own practice."

"I never thought I would teach and by the end of the study I couldn't wait to share what I learned"

"My practice changed so MUCH (and so did the rest of my life)"